



## Sixth Martin Luther King Day Weekend

First Coast Trail Forgers Walking Club

**FERNANDINA BEACH, FL - 5 WALKS OVER 4 DAYS**

**DATES:** Friday, January 13, 2023 – Monday, January 16, 2023

•The Fernandina Beach area is rich in history and physical beauty. It offers historic architecture, beaches, marshes, a lighthouse, a historic fort and nature trails. We have sanctioned four traditional event walks in the Fernandina Beach, FL area for the weekend of January 13 through January 16, 2023: American Beach, Ft. Clinch, Old Town/Lighthouse and Boneyard Beach/Black Rock Beaches. Along with the 4 traditional walks, we have included Historic Downtown Fernandina, one of our YREs as a group walk. We have several other YREs in the area. For info on our YREs, See our web site at: <https://www.firstcoasttrailforgerswalkingclub.org/yres2021.html>

**INFORMATION CONTACT:** Amy Thomas 904-520-3515 or [amyt9597@gmail.com](mailto:amyt9597@gmail.com)  
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Club web site: [www.firstcoasttrailforgerswalkingclub.org/](http://www.firstcoasttrailforgerswalkingclub.org/)

**HOTEL INFORMATION:** We have arranged for a group rate at the: Ocean Coast Hotel at the Beach, 2707 Sadler Rd., Fernandina Beach, Fl, Phone: 904-277-2300.

We have reserved a block of rooms mixed between one king bed or two doubles. The rate for the rooms will be \$123.20 per room per night, inclusive of all taxes and fees. Call for your reservation and ask for the **FIRST COAST TRAIL FORGERS WALKING CLUB rate**. This rate will be available until 12/13/22. After that, the rate will be \$174.40 per night.

The hotel is approximately ¼ mile from the beach and the room rate includes the following amenities.

- A large heated outdoor swimming pool and hot tub
- Sports equipment and access to the sand volleyball, basketball, tennis courts, and fitness center
- Daily light breakfast
- Bicycles and helmets available (4-hours max)
- Comfortable beach chairs and pull beach wagons to easily enjoy the beach

For more details about the hotel, go to <http://oceancoasthotellameliaisland.com/>.

### MEALS:

**FRIDAY EVENING, 6:00 – 9:00 pm:** Join us for light/medium snacks in the meeting room off the lobby of the Ocean Coast Hotel. There will be a cash bar in the hotel bar across the hall from the meeting room. Food for the meet and greet will be available from 6:00-7:30 pm. You may also preregister Friday evening and/or stamp books from 6 – 9 pm.

**SATURDAY LUNCH, 11:30 am – 1:00 pm:** We will be having lunch at the Sandbar and Kitchen, [www.thesandbarandkitchen.com](http://www.thesandbarandkitchen.com), at 2910 Atlantic Ave. in Fernandina Beach. We will need a head count to give to the restaurant. So please RSVP on your preregistration form or to Kristin or Diana by January 2, 2023. We will order off the menu and have separate checks. The restaurant is located at the start point for the afternoon group walk. They also have Happy Hour every afternoon from 3:00 – 6:00 p.m.

**SUNDAY AFTERNOON BOAT TOUR:** 1 N. Front St., Fernandina Beach, FL 32034.

Climb aboard to get an extensive and rich history of Amelia and Cumberland Islands with views of wildlife along the way. We will cruise by historic Old Town and Fort Clinch and the wild horses of Cumberland Island. Historians will share the colorful stories that define the character of this unique part of the world. The boat is 90% roofed with plastic curtaining if the weather requires it, but we are as likely to have a beautiful day as not. The total price for the 2.5-hour tour is \$35 including water, taxes and gratuities. You should bring cold weather gear, sunscreen and Dramamine if desired and BINOCULARS. Arrive at 1:30 pm for boarding at 1:45 pm.

**WATER BOTTLE:** We are offering a reusable water bottle to commemorate the event. The 25 oz. bottle is dishwasher safe (not the lid). The price is \$15.00. For a picture of the bottle, see page 6 (the back of the registration page).

**PRE REGISTRATION AND REGISTRATION PROCEDURE:** All walkers must register for a walk before they walk it. We encourage preregistration (see waiver and registration form). If not preregistered, you may sign up for any or all walks on Friday night or Saturday morning at our event hotel. After that, all unregistered walkers will sign up for walks at the group walk start point ½ hour before that group walk begins. At the group walks you can only register for that walk. If you wish to walk a walk at a time other than the group walk, you will need to preregister for it.

The following chart summarizes your registration options:

Pre Registration	Postmark by	Pre register for any or all walks and other items	Pre registering will speed up the whole process.
Friday, 1/13/23	Noon - 1:00 pm	Packet pick up only for those preregistered	In meeting room off lobby of the Event Hotel.
Friday, 1/13/23	1:15 pm - 2:00 pm	Packet pick up only for those preregistered	Start point for group walk -102 Centre St., Fernandina Beach
Friday, 1/13/23	6 - 9 p.m.	Pre register for any or all walks or Packet Pickup and stamp books	In meeting room off lobby of the Event Hotel
Sat, 1/14/23	6 - 8:30 am	Pre register for any or all walks and stamp books or Packet Pickup	In the meeting room off lobby of the Event Hotel
1/13- 1/16/23	½ hr before group walk at starting point	Register for only the walk the group is walking at that time.	For those who have not already registered

You may walk the 5 walks at any time during the weekend after you have registered for them. You should plan on starting any walk no later than 2:30 p.m. and finishing by 5:30 p.m. All walks return to the start point and the completion time is 1 to 3 hours. For those who wish to walk with others we have scheduled group walks for all 5 walks.

**STIPULATIONS:** The events are open to everyone, and take place under all conditions unless deemed unsafe due to lightning or named storms requiring evacuation.

**PARTICIPATION:** This is a fun event for all persons. People of all ages are welcome to participate though an adult must accompany children under 16.

**FOOD and WATER:** In Florida we encourage you to carry your own drinking water and bug repellent. We also encourage you to use sunscreen. Availability of restrooms will be listed under the descriptions of individual walks.

**SANCTIONED:** All events are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV).

**DISCLAIMER:** The sponsors will expend every reasonable effort to make this event safe and enjoyable for all; however, The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property.

**AWARDS:** None

**FEES:** There is a \$3 fee for all walks whether walking for credit or not. No refunds are provided after the start of the walk. Admission fees are listed under each individual walk.

## LOCATIONS:

### 1. Historic Downtown Fernandina YRE – Group Walk: Friday, 1/13/23 – register at 1:15 pm, walk at 2:00 pm.

In the city's historic district on Amelia Island you will find a variety of architectural styles. You'll pass part of the Victorian District, with varied and inviting Bed/Breakfast establishments and the proliferation of quaint stores and restaurants on Centre St. Restrooms available at Start Point. Dogs permitted on a leash.

**Trail Rating:** 1A

**Distances:** 6 and 10K

**Special Programs:** Town Halls/City Halls, Rockin' Around the Clock, Lighthouse II (10K), Walking With America's Veterans, Walking the USA A-Z "F" (Fernandina Beach)

**Start Point:** For the **GROUP WALK ONLY**, the start point is the Amelia Island Convention and Visitors Bureau & Welcome Center, 102 Centre St., Fernandina Beach, FL 32034.

**Directions:** <https://goo.gl/maps/9RKziL2sCEh3JXc4A>.

### 2. Ft. Clinch State Park – Group Walk: Saturday, 1/14/23 – register at 9:00 am, walk at 9:30 am.

Ft. Clinch hours are 8 am – sundown Ranger station is manned 10:30 am-5:30 pm. Fort is open 9-5. Ft. Clinch is located at the mouth of the St. Mary's River in Fernandina Beach. The park is 1400 acres and contains 3 miles of shorelines. The fort itself was built in the 19<sup>th</sup> century. Our walk will follow nature trails through the park and a walk on the beach. If you desire, you can walk through the fort before or after the walk. Restrooms are available at the Start Point. Dogs are not permitted.

**Fees:** The cost to enter Ft. Clinch State Park is \$6 per vehicle for 2-8 people, \$4 for single. If you chose to enter the fort itself, the admission is \$2.50.

**Trail Rating:** 1C

**Distances:** 5K and 10K

**Special Programs:** Walking the USA A-Z "F" (Fernandina Beach)

**Start Point:** Ft. Clinch State Park parking area, 2601 Atlantic Ave, Fernandina Beach, FL.

**Directions:** <https://goo.gl/maps/EofgH>. After passing the ranger's station, drive 3 miles to the parking lot located by the fort. If the Ranger Station is closed, there is a white honor box at the end of the small parking lot to receive your entrance fee. You can pay with cash or your phone.



**3. Lighthouse/Old Town - Group Walk: Saturday, 1/14/23 - register at 2:00 pm, walk at 2:30 pm.**

This walk takes you through 1950-70s neighborhoods of Fernandina Beach and up to the historic Light House. You will then walk thru Old Town. Prior to the arrival of Europeans on what is now Amelia Island, the Old Town site was home to Native Americans. The Spanish platted the town of Fernandina on the Old Town site in 1811. Restrooms available at Start Point. Dogs are permitted on a leash.

**Trail Rating:** 1A

**Distances:** 6K and 11K

**Special Programs:** Lighthouse II, Walking the USA A-Z "F" (Fernandina Beach)

**Start Point:** The Main Beach Parking Lot, 2910 Atlantic Ave., Fernandina Beach.

**Directions:** <https://goo.gl/maps/pHnHN> . Park near the skateboard park.

**4. Boneyard/Black Rock Beaches - Group Walk: Sunday, 1/15/23 - register at 8:30 am, walk at 9:00 am.**

Driftwood trees, with their bones bleached, smoothed, and battered by sun, sand and wind ,provide the "bones" on Boneyard Beach. These trees, while no longer standing, protect the remaining woods and uplands by dispersing and breaking up wind and wave energy and slowing further erosion. The unique spodosol formations of Black Rock Beach are actually soft and formed from soil, creating interesting scenes and mimicking volcanic rocks in their dark color and eroded contours. Tidepools formed by eddies concentrate tiny marine life for the wildlife enthusiast. Portable restroom available at the start point. Dogs are not permitted.

**Fees:** There is a \$3 fee per car for entrance to the parking lot payable in an honor box in the parking area. Exact change is required.

**Trail Rating:** 1C

**Distances:** 5K and 10K

**Special Programs:** Walking the USA A-Z "J" (Jacksonville)

**Start Point:** Boneyard Beach at Big Talbot Island, A1A North, Jacksonville, FL 32226.

**Directions:** <https://goo.gl/maps/Kg1mupkUm2sRogmK9> . From host hotel at 2707 Sadler, left to FL A1A/S Fletcher. Right on A1A S approximately 10.7 miles south. Just after crossing the Nassau Sound Bridge turn left into parking lot for Boneyard Beach.

**5. American Beach Historic Area - Group walk: Monday, 1/16/23 - register at 9:00 am, walk at 9:30 am.**

AL Lewis, an African American insurance executive purchased 216 acres of beachfront property in 1935. From that time until the early 1960s, American Beach became a mecca for African-Americans. At the time it was the rare beach resort at which African Americans were welcome. People came from across the South for the sun, surf, sand, balmy ocean breezes and world class entertainment acts such as Duke Ellington. Several factors led to the decline in the area including Hurricane Dora and the signing of the Civil Rights Act. Today the history of the area is preserved in the American Beach Museum. NaNa, the tallest sand dune in FL is also located in American Beach. Restrooms available at Start Point and along route. Dogs are permitted on a leash.

**Trail Rating:** 1A or 1C. If the tide isn't low, or a walker prefers not to walk on the beach an alternative route along the hike/bike path is provided.

**Distances:** 6K or 10K

**Special Programs:** Walking the USA A-Z "A" (American Beach or Amelia Island)

**Start Point:** Burney Park, 95570 Burney Blvd., American Beach, FL 32034.

**Directions:** <https://goo.gl/maps/zhR3MKosoizkr3nTA>.

## REGISTRATION AND WAIVER FORMS

Please print/copy this page; complete forms and sign waiver. You may sign up to 2 people with same address. All must sign waiver (adult for children under 16). Mail with check made out to FCTF Walking Club to: Kristin Raasch, FCTF Treasurer, 1725 Indian Springs Dr., Jacksonville, FL 32246 **postmarked by January 2, 2023**. You can write one check for both participants.

Name #1: \_\_\_\_\_ Name #2: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email #1: \_\_\_\_\_ Email #2: \_\_\_\_\_

### Check desired walks and social events below:

	Walks			Social Events		
Sign Waiver	Participant	IVV Credit \$3.00	No Credit/ \$3.00	Cumberland Cruise 2pm – 4:30 pm. Arrive at the dock at 1:30 pm to board	#1	\$35.00
Historic Downtown Fernandina Bch. YRE	#1				#2	\$35.00
	#2					
Ft. Clinch State Park	#1			Friday night Meet and Greet 6– 9:00 pm (Food from 6 – 7:30 pm)	#1	Free
	#2				#2	Free
Old Town/Lighthouse	#1			Saturday lunch at Sandbar and Kitchen 11:00 am - 1:30 pm.	#1	Self pay
	#2				#2	Self pay
Boneyard/Black Rock Beaches	#1			Water Bottles No.____ @ \$ 15 each		
	#2			<b>Amount for walks: \$ _____</b>		
American Beach	#1			<b>Amount for Socials: \$ _____</b>		
	#2			<b>Amount for Water Bottles: \$ _____</b>		
				<b>Total Enclosed : \$ _____</b>		

**Amateur Athletic Waiver and Release of Liability** In consideration of being allowed to participate in any way in American Volkssport Association (AVA) volkssporting programs and related events and activities, the undersigned: 1. Agrees that before or during my or my minor child's participation, if I believe anything is unsafe, I will immediately advise the event supervisor or other person in authority at the volkssporting program and the related events and activities of such conditions and refuse to participate; 2. Acknowledges and fully understands that each participant will be engaging in activities that could involve risk of serious injury, including permanent disability and death and severe social and economic losses which might result not only from my own or my minor child's actions, inactions or negligence of others, or the condition of the premises, the trail or any equipment used. Further, that there may be other risks not known or not reasonably foreseeable at this time. 3. Assumes all the foregoing risks and accepts personal responsibility for the damages following injury, permanent disability or death; 4. Releases, waives, discharges and promises not to sue AVA, its affiliated clubs, their respective administrators, directors, agents, volunteers or employees, other participants, sponsoring agencies, sponsors, and advertisers, and, if applicable, owners and lessors of premises used to conduct the event from demands, losses or damages on account of injury, including serious injury, permanent disability, or death, or damage to property, caused or alleged to be caused in whole or in part by the negligence of any such person or organization, or otherwise. 5. Members, please be aware that when you share photos, via digital image or otherwise, with AVA, such photos or images become the property of AVA and AVA, its legal representatives and assigns, retain the right and permission to publish any such photo or image in any written or electronic publication, including Checkpoint or TAW, on social media, websites or in audiovisual presentations, promotional literature, advertising or in any similar method. The undersigned has read the above waiver and release, understands that I have given up substantial rights by signing it and sign it voluntarily. I further understand that if I place my name on the form upon which this waiver and release is printed, that I voluntarily agree that I understand that I have given up substantial rights.

Signature #1: \_\_\_\_\_

Signature #2: \_\_\_\_\_

